

## Wimmera Lutheran College Nhill

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## Term 2 Week 8 Issue 14 June 13th 2025

## **Upcoming Events**

## June

Wed 18th: WLC Band Performance Tues 24th: Freestyle Dance Ministry Wed 25th: WLC Board Meeting @ Nhill July

Wed 2nd: Last Day Term 2 (3.15pm) Thurs 3rd & Fri 4th: Student Free Day

Mon 21st: Student Free Day

Tues 22nd: Term 3 starts

## August

Thurs 14th: Ghana Beat My Drum Mon 18th - Fri 22nd: BookWeek "Book An Adventure"

#### Sept

Mon 1st- 5th: Integration Aide Appreciation Week Thurs 4th: 100 Days Foundation Class Fri 5th: Father's Day Chapel & Footy Sun 7th: Father's Day

## Birthdays

Happy birthday wishes are sent to the following student and staff this week: Miss Drisch 17th June Savannah 26th June



## Students of the Week

Congratulations to the following students who were presented with Student of the Week awards at assembly today:

Spencer: Demonstrated using a song to confidently remember the days of the week. Along with showing the ability to focus and determination with your learning. Lucy: Demonstrates responsibility for her learning, by asking questions when she needs help. She shows initiative by helping with classroom tasks. Lucy contributes to group projects, Mia: Showing impressive responsibility, leadership and care for others. Mia demonstrates persistence and initiative in her learning.

**Jerome:** Continuing to apply himself to his learning, showing excellent problem solving and reading with confidence using expression.



## Gertrude The Bear



Congratulations to Ivy for following the 5 rules of the school. We hope Gertrude and you both enjoy your time together.

#### Pentecost Season

We are now in the season of Pentecost, a significant time in the Christian calendar. To reflect this, our school entrance has been beautifully decorated with the colours and symbols of Pentecost, commemorating the moment when the disciples received the gift of the Holy Spirit.

#### **Donut Day Success**

A heartfelt thank you to our Parents & Friends group and the many helpers who supported our Donut Day last Friday. An incredible 1,483 donuts were made and shared with our school and the wider community! The funds raised from this delicious initiative will go directly back into supporting our school—thank you again for your generosity and effort.

#### **Lightning Premierships**

Congratulations to our Year 3–6 students who participated in the Lightning Premierships yesterday. Teaming up with students from WLC Dimboola as "Lutheran Combined," we fielded teams in netball, t-ball, and football. Our students displayed great team spirit and sportsmanship throughout the day. A big thank you to the helpers and supporters who made the day possible!

#### Student Workplace Placement – Giana Pohlner

We've been delighted to have Giana Pohlner join us each Thursday as part of her Student Workplace Placement. A former school captain of our school, Giana has been a valuable support in classrooms, assisting both students and teachers.

#### Welcome – WLC Chaplain Kate Polack

It was a pleasure to welcome Kate Polack, Chaplain at WLC, to our school last week. Originally from Nhill, Kate is looking forward to visiting more regularly and connecting with our school community. We're excited to have her as part of our wider support team.

#### Semester One Reports

Semester One reports will be sent home before the end of term. These reports offer insights into each student's academic progress and classroom engagement. This year, we are introducing a new report format, which we hope provides a clearer picture of student learning. We welcome any feedback from parents on the new format.

#### Wimmera Lutheran College Band Performance

Next Wednesday, we're excited to host the WLC band, led by Mrs Michelle Hahn. It's a great opportunity for our students to experience live music and connect with older students from WLC.

#### Freestyle Dance Ministry Returns

The following week, we welcome back Justin Seidel from Freestyle Dance Ministry. Justin is a much-loved guest who brings vibrant energy and a powerful, gospel-based message through dance. We look forward to another uplifting session with him.

#### **End of Term Dates**

Please take note of the following important dates:

Last Day for Students (Term 2): Wednesday, July 2 Staff Professional Development Days: Thursday & Friday, July 3–4 WLC Staff PD Day at Nhill Campus: Monday, July 21 First Day for Students (Term 3): Tuesday, July 22

Cup Noodles: Please note, due to safety reasons, we can not provide boiling water for instant noodles.

Every blessing,

Damon Prenzler

Wimmera Lutheran College Nhill is committed to providing a child safe and child friendly environment, where children and young people are safe and feel safe, and are able to actively participate in decisions that affect their lives.

## Super Readers Award

Congratulations to the following students who were presented with Super Readers awards at assembly: Ruby, Seraph, Sienna, Ivy, Cooper, Jed, Micah and Silas



Presentation of 2025 Athletics Boy and Girl Champion Trophies



Helena and Clayton

Assembly Dates 27th June F/1

**Chapel Dates** 20th June Year 5/6 27th June Year 3/4

## From The WLC Executive Principal—Jason Przibilla

#### Wimmera Lutheran College Update

The Executive Leadership Team of Wimmera Lutheran College is made up of the following team members: Executive Principal: Mr Jason Przibilla Deputy Principal/Head of Secondary: Mrs Kate Carter Principal Nhill Campus: Mr Damon Prenzler Head of Dimboola Campus: Ms Millie Dent Assistant Head of Primary School(s): Curriculum and Pedagogy: Mrs Jacqui North

This group has been meeting every 2 weeks, usually at the Horsham Campus in a face to face setting. This is a great opportunity to come together to discuss relevant matters and issues relating to Wimmera Lutheran College. Over the course of this year so far, some of the topics that the group has been discussing includes:

The development of the Teaching and Learning Philosophy Cross Campus Professional Learning Plan conversations Professional Development Collaboration and Sharing Budget updates Staffing Risk and Compliance Policy Review 2026 Term Dates Combined WLC Events Strategic Plan Development

To help the group remain focussed on its goals and purpose, the team developed the following team norms to which we aspire to uphold in our leadership of WLC.

Finalised Team Norms:

Be honest and support team decisions. Respect everyone and value their input. Be prepared and focus on team goals. Communicate clearly and work well together. Celebrate wins and learn as a team. Follow up and follow through

These meetings have been critical in unifying the group through regular discussion and sharing of cross-campus experiences. I have been impressed with the way each individual has approached their role in this group and it is exciting to be leading a group of passionate and supportive leaders of campuses and sub-schools.

#### Combined PD Day

To continue to strengthen the bonds between the 3 campuses, a combined Professional Development day will be held on Monday 21 July (a school closure and student-free day for all schools). Nhill will be the hosts of this day with the program to consist of a Teaching and Learning Philosophy session, a Professional Development session, combined worship and fellowship over a shared morning tea and lunch. This day is a follow-up to the WLC Launch which was held at the beginning of the year and should provide a great start to the second semester for all WLC Staff.

#### **Come Work With Us**

Wimmera Lutheran College is currently advertising for the following positions:

Director of Business Operations

Head of Primary School - Horsham Campus

We are currently in the process of interviewing for the Director of Business Operations position with some exciting candidates making the shortlist. We are in the early stages of seeking applications for the Head of Primary School position (see details below)

Wimmera Lutheran College – Horsham Campus is seeking a passionate and experienced educational leader to join our team as Head of Primary School.

If you're ready to make a lasting impact in a Christ-centred school community, we want to hear from you. View the Position Description & Apply:<u>www.htlc.vic.edu.au/about/employment</u> Applications close: Wednesday 9 July, 4:00pm

Colossians 3:23-24:

"Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ."

## Prayer of the Week



Each week we pray for someone in our School Community. This week we pray for.....

- Sienna & Hunter and their family
- Madalyn, Charlotte & Atreyu and their family
- Ruby & Freya and their family
- Wesley and his family
- Amber and her family

## Worship News

Please see below for this week's church service times:

15/6/25 Nhill 9am, Jeparit 11am 22/6/25 Jeparit 9am, Nhill 11am NhillLutheranParishOnline.com



## Chapel Offerings

From the two week's of Chapels \$33.40 was collected for the ALWS Gifts of Grace. Please consider sending an offering each Friday morning as the communities there rely on our help.



Listen to Messages of Hope and invite others to do the same. Download or listen online at <u>messagesofhope.org.au</u>.or on iTunes and Spotify.

## 15th June Depression (Interview)

Depression can affect many people, and it doesn't discriminate. For Rosemary, the challenge of admitting she had a mental illness was the beginning of her journey of living with hope through depression.

#### 22nd June Three dollars in the bank (Interview)

When Kerry's marriage broke down, she went from living in a comfortable house and lifestyle, to being a single mum with two young children and only 3 dollars in the bank. Listen as Kerry shares how she got through this difficult period of her life and discover the hope she found to get through tough times.

## **Devotional Thought**

## O Lord, how manifold are your

WOrks! Read Psalm 104:24-35

I love to walk in nature. I hear the crunch of bark beneath my feet and the songs of birds hidden in the trees. I smell the soothing oil of the eucalypts. I see the brilliant autumn colours, with fiery flame trees heralding the feast of Pentecost. I feel the fresh air fill my lungs, my thoughts quietening, my heart opening.

I am grateful that, despite my urban living, I am surrounded by gardens, parks and nature reserves. I am heartened that more people recognise the many physical, mental and spiritual health benefits of time in nature. In Japan, some doctors even prescribe 'forest bathing' for their patients!

There is a mountain near my home that is especially healing for me. Sometimes, when I go there, I arrive feeling overwhelmed by a particular emotion or challenge. The densely wooded mountain envelops me like a kind of divine embrace. At the end of my walk, I am delivered back into the world with my soul restored.

How wonderful it is to come close to the creator in creation! God is our creator, provider and sustainer. God opens his hands and fills us with good things – not just for our physical bodies but also our minds and hearts. God continues to create and renew us by his presence, his Spirit. We rejoice and sing to the Lord!

What practices help you to know God's presence? Do you have a favourite place in which to be renewed by God's presence?

Deep peace of the running wave to you, Deep peace of the flowing air to you, Deep peace of the quiet earth to you, Deep peace of the shining stars to you, Deep peace of the gentle night to you, Moon and stars pour their healing light on you. Deep peace of Christ, the light of the world to you. Deep peace of Christ to you. (Traditional Celtic Prayer)



## Parent & Friends Photos



## Year 5/6 Class Collaborating On Their Diorama Boxes









## Stephanie Alexander Education Program at WLCN





















## What's Been Going On At WLCN

























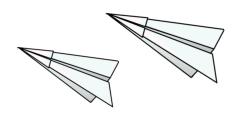








Year 2 and Year 3/4 class joined together and had a paper plane competition.



Year 5/6 class were inspired by the movie "Paper Planes". They all had to write out a procedure to make the plane, then actually followed the instructions to make the flying object and measure the distances that they flew with tape measures and rank the distances.

## Get 'Em Going Playgroup

Get 'Em Going Playgroup meet each Tuesday at 9.30am to 11am.

Each week children will be given the opportunity to participate in physical, social and mental stimulating activities to assist in preparing them for their learning journey ahead. Please bring along the following:

• A water bottle / Fruit snack / Gold coin donation

If you have any questions or would like more information on the program please contact Mrs Fisher at the front office. 53 912 144 or admin@nls.vic.edu.au



We've also been exploring lots of different shape books, the twinkle twinkle little star book was enjoyed this week.

Next week we are leaning about the Circle shape.

# Unhurrying Childhood: Why Slowing Down Is the Best Thing for Our Kids

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During COVID lockdowns, despite how hard it was, many of us quietly promised ourselves, "We're never going back to the rat race"?

For many of us, we appreciated the slower pace, the extra family time, and the relief from overscheduled calendars. And yet... here we are. Back to full days, packed evenings, and exhausted kids. Somewhere along the way, we broke that promise.

Welcome to the age of the Hurried Child.

## What Is Hurried Child Syndrome?

Psychologist Dr David Elkind coined the term "Hurried Child Syndrome" to describe what happens when we push our children to grow up too fast. It looks like:

- Children treated like mini-adults
- Academics pushed too early
- Overscheduled after-school calendars
- Exposure to adult issues and responsibilities

It's not just that kids are busy. It's that their childhoods are being compressed—squeezed by performance expectations, screens, and a culture that measures worth by achievement.

## The Fallout of a Hurried Childhood

Children living this hurried life experience real consequences:

- Increased anxiety, depression, and stress
- Sleep issues and poor eating habits
- A drop in resilience
- A painful sense of failure and unworthiness when they don't meet adult-level expectations

One of the most damaging outcomes? Perfectionism. When kids feel they must always get things right to be good enough, they stop taking healthy risks. They stop enjoying learning. They stop feeling safe just being kids.

## Why Do We Let This Happen?

Our intentions are good. We want our kids to succeed - to fulfill their potential. We fear they'll fall behind. And we live in a competitive parenting culture that whispers, "If you're not doing everything, you're doing it wrong."

But what if this constant striving is doing more harm than good?

Childhood isn't a race. And it's not our job to hustle our kids into the future. It's our job to give them a safe, steady present.

## Three Ways to Unhurry Your Child's Life

If we want to change this culture of hurry, we have to get intentional. Here are three powerful ways to start:

## 1. Prioritise Play

Unstructured, child-led play is the most natural and essential activity for children. It builds:

- Cognitive development (problem solving, creativity)
- Social skills (negotiation, collaboration)
- Emotional intelligence (empathy, coping strategies)

And yes, it takes time. But carving out opportunities for your child to play—especially with other kids, especially outdoors—may be the single best thing you can do for their development and wellbeing.

### 2. Let Children Set the Pace

It's tempting to map out our children's futures for them. But when we pressure them to chase our goals, we rob them of ownership over their own goals. Instead:

- Get curious about what lights them up
- Help them explore their own interests and strengths
- Let them take the long road if that's what they need

One of Australia's most decorated Olympians, Emma McKeon, credits her success not to parental pressure but to the freedom her parents gave her to pursue swimming on her own terms. Roger Federer says the same thing, confessing he didn't even like tennis until his late teens.

## 3. Create a Balanced Schedule

If your child eats more meals in the car than at the table, it may be time to reassess. A full calendar isn't always a meaningful one. Instead of cramming in every extracurricular, ask:

- Is my child thriving or just surviving?
- Are we getting enough sleep, downtime, and connection?
- Is there space for boredom, creativity, and rest?

Sometimes less really is more.

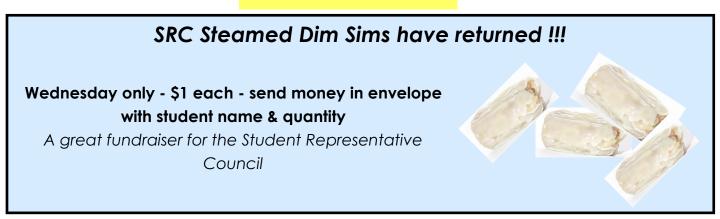
## Final Thought

The hurried child is not a modern problem we have to accept. It's a cultural drift we can resist. And it starts with us—the grown-ups. We can choose slow over rushed. We can let our children be children. We can let them breathe. Unhurrying childhood might be the most loving, protective thing we ever do.

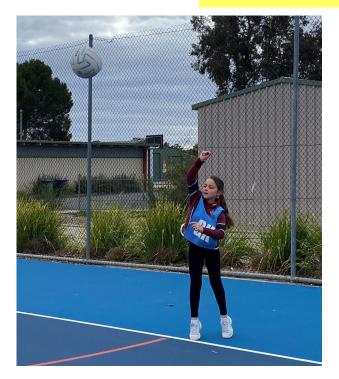


Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit happyfamilies.com.au.

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## Lightning Premierships Photos































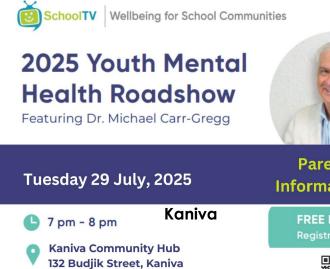
Because parenting doesn't come with instructions, SchoolTV is a wellbeing resource implemented at our school to help support you in the challenges of modern-day parenting relating to youth mental health and wellbeing. Parenting is a learning journey and SchoolTV supports families by providing credible information from trusted sources with practical strategies to help alleviate some of

the challenges being faced by young people today.

Watch video interviews with leading wellbeing specialists and browse a library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and other videos.

This award-winning resource helps families build relationships, foster connections, enable understanding and break down barriers to navigate a pathway towards better mental health and wellbeing for young people. It will assist you in starting those conversations on topics that can sometimes be awkward or difficult to tackle.

Parents and caregivers are the greatest influence on a young person's life and SchoolTV focuses on empowering confident parenting.



Suitable for: Parents, grandparents and caregivers supporting school aged young people.



**Parent & Carer Information Evening** 

**FREE EVENT** 



Join Dr Michael Carr-Gregg, one of Australia's leading child and adolescent psychologists, for a presentation on youth mental health. His invaluable insights will equip parents and caregivers with practical strategies to support youth wellbeing build resilience, and navigate the challenges young people face today.

Topics will include:

- Nurturing growth and development
- The stages of adolescence
- Understanding key milestones
- Tips for effective communication
- Tips for thriving in school
- Strategies to help with anxiety
- Building resilience

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Trauma and recovery



SchoolTV Wellbeing for School Communities

## 2025 Youth Mental **Health Roadshow**

Featuring Dr. Michael Carr-Gregg





#### Horsham



Horsham Town Hall, Theatre 71 Pynsent Street, Horsham

Suitable for: Parents, grandparents and caregivers supporting school aged young people.



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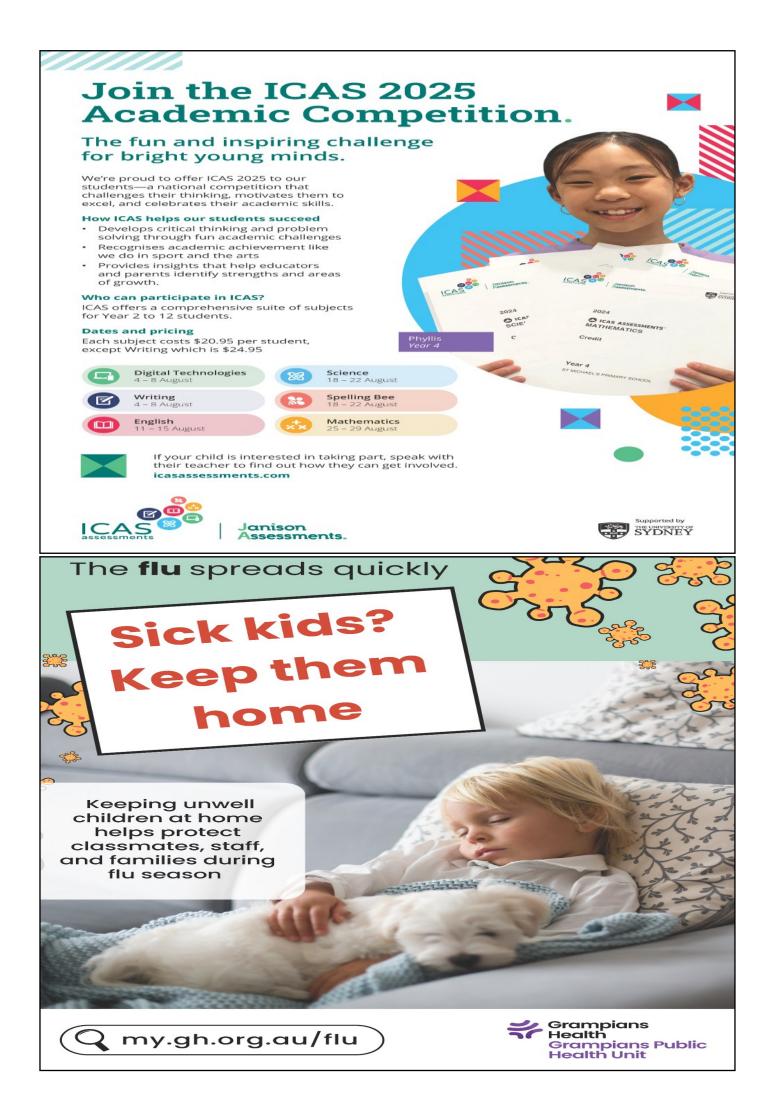
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- Understanding key milestones
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- Tips for thriving in school
- Strategies to help with anxiety
- Building resilience

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Trauma and recovery



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## **KELLY** HO

WE CANNOT WAIT FOR OUR FUN-FILLED HORSHAM SCHOOL HOLIDAY PROGRAM INCLUDING LOTS OF SPORTS, AWESOME GAMES & MUCH MORE!!

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#### WINTER '25 HOLIDAY PROGRAMME HORSHAM BASKETBALL STADIUM

A timetable and full programme information is available online or at the programme venue Who can attend: Boys & Girls aged 5-12 yrs

General information: We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

Payment details: Payment is required up-front within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

Please note: Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.

Website:	
Sign up b <del>e</del> fo	
8:30am to 5:00pm	
Prices: (Including GST) Full Day: \$65	

Contact: Beau Cross Email: beau@kellysports.com.au Phone: 0428 326 924 Facebook: Kelly Sports Bendigo Address: McPherson Street, Horsham, 3400.



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HORSHAM BASKETBALL STADIUM



## Boys & Girls aged 4-12 years old.

Boys acuts ages 4-12 years and. General Information: We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first ald and activity planning/delivery.

What do you need to bring: Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea

#### Food:

Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12.30pm to 1.30pm each day.

#### **Programme activities:**

Programme activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Programme activities may vary without notice dependent on weather conditions and programme numbers.

#### Payment details:

Payment is required up-front within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

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Every care will be taken to ensure the safety of Every care will be taken to ensure the safety or your child/rem and their property. However, organisers of Kelly Sports accept no liability for any loss or damage to his/her property whilst on the programme.

Website: www.kellysports.com.au/bendigo Contact: Beau Cross beau@kellysports.com.au Email: Phone: 0428 326 924 Facebook: Kelly Sports Bendigo Address: 87 McPherson St, Horsham, 3400



HOLIDAY

PLEASE NOTE: THE LISTED THEME IS THE MAIN ACTIVITY EACH DAY, ADDITIONAL SPORTS, BASKETBALL ACTIVITIES & GAMES ARE Included daily, full schedule & info available on dur booking site BOOK ONLINE NOW AT KELLYSPORTS.COM.AU